**Travel Journaling: Structure and Content Tips**

Establish an on-line portal in which to keep your journal. You may use any on-line format you would like, but it is required to be on-line and follows set guidelines. Suggested web sites to use include [www.wikispaces.com](http://www.wikispaces.com), [www.weebly.com](http://www.weebly.com), [www.blogspot.com](http://www.blogspot.com). The following guidelines are not mandatory for your journal, but rather suggestions to guide you in the journaling process!

Journal Format/Guidelines:

*(Adapted from Nancy Taylor Nicodemus’ journaling method and the Center for Global Education’s Global Scholar web site from UC Davis.)*

Divide your journal into at least five sections. You do not have to make chronological entries, but you should plan on updating your journal web site weekly in North Carolina and daily while abroad. You are encouraged to add as many different sections as you would like, but the following five are mandatory:

*1. Global educator section*

This is where you record observations, comparisons, contrasts, etc. of the education system in North Carolina and the education system in China. Include your predictions of what the school in China will look and feel like, as well as impressions of your school placements in North Carolina. What themes begin to emerge and does anything surprise you as you move from schools in NC to schools in China? This is where you will begin to form the “meat” of your action plan project.

2. Impressions section   
This is the only section of your journal where entries will be made chronologically. The impressions section is for jotting down the places, people, events concepts, ideas, smells, signs, and other things you remember. You write words, phrases, or sentences that will spark your memory. Be detailed in this section with dates and the names of people, places, events, cities, etc., because this is the only section where you could re-create your itinerary if you needed to do so.

3. Descriptive section   
This section is divided into chapters in which you can write entries that are purely descriptive in nature. You will not elaborate on your opinions or thoughts about the subject. Instead, you will use your descriptive abilities to create a vivid picture of what you experienced. Entries in this section should be written so that someone who has not visited the culture you are describing would be able to read your words and create a mental picture of what it was like.  
Possible chapter titles: People, customs, places, architecture, religion, transportation, food and drink, art, festivals, ceremonies, campus life, and stereotypes.

4. Narrative section   
This section is to satisfy the storyteller in you. There’s no doubt you will come home with stories - good, bad, funny, and otherwise. Write about them in this section before you forget. Also include stories about your student teaching experiences while in North Carolina.  
Possible chapter titles: Good for a Laugh, Stories, Jokes, Embarrassing Moments, Too Good to Be True, and They’ll Never Believe This at Home.

5. Expressive section   
This is the section where you get to vent, debate, praise, hypothesize, and evaluate. Where you may have described an event in one of your descriptive sections, you may then make an entry in this section to record what you thought and felt about that event. This is a good example of the culture-learning process that you may go through while you are studying abroad.   
Possible chapter titles: Cultural Adjustment, Religious Awakenings… or Not, Reversals, Conclusions, Language Learning.